

9. A removable cleat for a shoe comprising:  
a ground-engaging structure for engaging the ground; and  
an attachment structure for removably attaching the ground-engaging structure  
to a cleat receptacle in a shoe, the receptacle including:  
a wall defining a cavity between a receptacle top and a receptacle  
bottom, wherein portions of the wall extend radially inward  
toward a central vertical axis of the receptacle so as to  
define:  
(i) a plurality of inclines within the cavity, and  
(ii) a plurality of protuberances within the cavity,  
each protuberance extending radially inward  
toward the vertical axis further than the  
inclines;  
a restraining ledge attached to the receptacle bottom and extending  
into the cavity so as to prevent downward movement of an  
installed cleat; and  
an opening in the restraining ledge having at least three  
equidistantly spaced radially projecting lobes that extend  
radially outward from the vertical axis of the receptacle; and  
wherein the attachment structure is adapted for secure attachment to the  
receptacle so as to resist rotational movement.

10. A removable cleat according to claim 9, wherein the attachment structure  
includes a plurality of cleat extensions arranged so that when the cleat is  
attached to the receptacle, each cleat extension is secured between an incline and  
a protuberance so as to resist rotational movement of the cleat.

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15. <sup>12</sup> A removable cleat according to claim 10, wherein the plurality of cleat extensions lie in a plane perpendicular to a vertical axis of the attachment structure.

15. <sup>13</sup> A removable cleat according to claim 9, wherein the cleat further comprises a skirt located between the top of the ground-engaging structure and the bottom of the attachment structure, the skirt extending radially outward so that when the cleat is attached to the receptacle, the skirt covers the receptacle.

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